

Spring Swim Lesson Registration Form - 2006

Participant's Name _____ Age _____ DOB _____

Address _____

City _____ State _____ Zip _____

Telephone: (H) _____ (W) _____ (Cell) _____

Parent or Guardian's Name _____

Doctor's Name _____ Phone _____

Please List any medical conditions and any medications your child may be taking

Has the participant taken swim lessons at the City of Bryan before? YES NO

Please use the Instructional levels chart on back of this form to best place the participant in a level.

Spring Sessions

1	2	3	4
4/3 – 4/13	4/17 – 4/28	5/1 – 5/12	5/15 – 5/26

Time

1	2	3
5:30 pm	6:30 pm	7:30 pm

Level

Pre School	Youth
(3 years to 5 years)	(6 years and up)
Beginner Swimmer	I II III IV V VI VII

By signing the below and paying program fees, I agree to indemnify and hold harmless the City of Bryan including it's staff and sponsors, from any and all claims or demands, costs or expenses, which may result from participating in the program. I authorize the City of Bryan to use emergency medical treatment for the above named participant and notify the proper authorities should any injury occur. I also freely grant permission to the City of Bryan to videotape and/or photograph my son or daughter participating in this activity while in public areas and do hereby grant them permission to publish the videotapes and or photographs taken on television, and in the newspaper, or other publications for the purpose of promoting the City of Bryan.

Signed: _____ Date: _____

Amount Paid: _____ Check # _____ Cash _____ Receipt # _____
 Staff _____ Date _____

NO REGISTRATION SLIP SHOULD BE PROCESSED WITHOUT PAYMENT
IF PERSON IS REGISTERING FOR MULTIPLE SESSIONS, PLEASE FILL OUT ADDITIONAL FORMS

Please use this chart to gauge where you or your child's ability level is. If you can complete EVERY skill in a category, you will register for the next one. If you cannot complete every skill, then register for that level. This is a guide; participants may be moved during the first day of classes based on the instructor's recommendation.

If you participated in City of Bryan swim lessons last summer, register for the level you last participated in. If you cannot remember what level that was, please refer to the progress reports you received, or contact the Bryan Aquatic Center.

Level I

- _____ Walk or swim away from the pool wall, turn around, and reach for and grab the wall
- _____ Submerge for 3 seconds
- _____ 10 bounces in chest deep water
- _____ Supported float on front & back
- _____ Kick on front & back
- _____ Demonstrate reaching assist
- _____ Know how to put on life jacket

Level II

- _____ Submerge for 3 seconds
- _____ Float on front & back for 3 seconds
- _____ Recover from front & back float
- _____ Flutter kick on front & back
- _____ Explore deep water with support
- _____ Combine kick & stroke on front crawl
- _____ Put life jacket on in shallow water
- _____ Demonstrate extension assist
- _____ Assist non-swimmer to feet

Level III

- _____ Retrieve object with eyes open
- _____ Bob 10 times while completely submerging
- _____ Jump in to deep water
- _____ Dive from kneeling position
- _____ Glide from side of pool on front & back
- _____ Front & back crawl for 10 yards
- _____ Elementary backstroke kick for 10 yards
- _____ Know safe diving rules
- _____ Tread water
- _____ H.E.L.P. & Huddle Position
- _____ Open airway for rescue breathing

Level IV

- _____ Demonstrate deep water bobbing
- _____ Demonstrate rotary breathing in shallow water
- _____ Standing front dive
- _____ Elementary Backstroke for 10 yards
- _____ Sculling on back for 15 seconds
- _____ Front crawl 25 yards
- _____ Tread water for 2 minutes
- _____ Breaststroke & Scissors kick for 10 yards with kickboard
- _____ Demonstrate change of direction
- _____ Demonstrate rescue breathing

Level V

- _____ Standing Dive from Board
- _____ Demonstrate long & shallow dive
- _____ Breaststroke for 10 yards
- _____ Swim underwater – 3 body lengths
- _____ Elementary backstroke 25 yards
- _____ Tread water 2 minutes
- _____ Dolphin kick 10 yards
- _____ Front & back crawl for 50 yards
- _____ Feet first surface dive

Level VI

- _____ Approach & hurdle on diving board
- _____ Front & back crawl 100 yards
- _____ Breaststroke & sidestroke 25 yards
- _____ Butterfly 10 yards
- _____ Breaststroke & sidestroke turn
- _____ Front crawl flip turn
- _____ Tread water for 3 minutes
- _____ Throwing assist

Level VII

- _____ Front dive from diving board – Pike or tuck
- _____ Continuous swim 500 yards – any stroke
- _____ Front crawl 200 yards
- _____ Swim underwater 10 yards
- _____ Breaststroke & sidestroke 50 yards
- _____ Butterfly 25 yards
- _____ Backstroke flip turn
- _____ Retrieve brick from 10 feet
- _____ Tread water 5 minutes